



Teatime with Elders

Virtual Learning Circle

Thursdays, 12:30 - 1:30 p.m.

Thursday, Sept. 2

Communication Needs

Learn how to ask for help from friends, family, and others in your community.

Thursday, Sept. 9

All About Cholesterol

In honor of National Cholesterol Education Month, learn what cholesterol is and how it affects your body.

Thursday, Sept. 16

Injury Prevention

Learn strategies to incorporate in your daily life to avoid trips and falls.

Thursday, Sept. 23

Prostate Health

Learn about risk factors, signs and symptoms, and what screening options may be right for you.

Thursday, Sept. 30

Aging Well

What does it mean to age well?

For more information or if you have questions, contact SCF Health Education at (907) 729-2689 or scfelderswellness@southcentralfoundation.com.



Scan this QR code to join the SCF learning circle.

To participate online, please follow these simple steps:

1. Visit Zoom.us in your browser on the day and time of the desired class.
2. Select Join a Meeting in the top left corner of the screen.
3. Enter the meeting ID: 937 5949 4088
4. Enter the meeting password: HealthEd!
5. Get connected.

To call in and participate via phone, follow these simple steps:

1. Call (646) 558-8656 on the day and time of your desired class.
2. When prompted, enter the 11-digit meeting ID: 937 5949 4088, then press #.
3. Get connected.